

Traditional Pavlova Authentic Recipe

Prep Time: 30 mins

Cook Time: 1 hr 30 mins

Cooling Time: 1–2 hrs

Total Time: 3–4 hrs

Servings: 8–10 slices

Ingredients

For the Meringue

- 3 large egg whites – Excellent protein source
- 1 cup (200g) granulated sugar – Quick energy source
 - *Healthier Option:* Coconut sugar, honey, or maple syrup (reduce quantity by 25%)
- 1/2 tsp cream of tartar – Stabilizes egg whites
- 1/2 tsp salt – Enhances flavor

For the Whipped Cream

- 1 cup (240ml) heavy cream – Rich in fat-soluble vitamins
 - *Healthier Option:* Coconut cream or almond-based whipped cream (dairy-free)
- 2 tbsp granulated sugar – Adds sweetness
 - *Healthier Option:* Honey or maple syrup (reduce quantity by 25%)

For the Toppings

- Fresh fruits (berries, kiwi, mango, raspberries) – Rich in vitamins, minerals, and antioxidants

Instructions

1. Preheat the Oven

- Set oven to 300°F (150°C).
- Line a baking sheet with parchment paper.
- Draw a 7–8 inch circle as a guide for the meringue.

2. Beat the Egg Whites

- In a clean mixing bowl, add egg whites and cream of tartar.
- Beat on medium speed until soft peaks form.

3. Add the Sugar Gradually

- Add sugar 1 tbsp at a time, beating on high until stiff, glossy peaks form.

4. Shape the Meringue

- Spoon onto parchment and shape into a nest with slight indentation in center.

5. Bake the Meringue

- Bake for 1 hr 30 mins.
- Do not open oven door during baking.

6. Cool the Meringue

- Turn off oven and leave meringue inside with door slightly ajar for 1–2 hrs or overnight.

7. Prepare the Whipped Cream

- Whip heavy cream (or substitute) with sugar (or natural sweeteners) until soft peaks form.
- *Tip:* Do not over-whip.

8. Prepare the Fruit

- Wash, slice, and pat dry fruits to avoid excess moisture.

9. Assemble the Pavlova

- Transfer cooled meringue to a serving platter.
- Spoon whipped cream into the center and spread lightly.
- Arrange fresh fruits on top.
- Optional: Drizzle honey or sprinkle mint leaves.

10. Serve

- Serve immediately to enjoy the crisp shell and creamy center.

Pro Tips & Creative Variations

- **Room-Temperature Egg Whites:** Let egg whites sit 20–30 mins for perfect lift.
- **No Peeking:** Avoid opening oven while baking.
- **Infuse Flavor:** Add vanilla, lemon zest, or rose water to whipped cream.
- **Fruit Combos:** Try tropical fruits, passionfruit, pomegranate, or mix berries.

Nutrition (Per Serving)

- **Serving Size:** 1 slice (8–10 slices total)
- **Calories:** 150–200
- **Total Fat:** 8–10g
 - Saturated Fat: 5–6g
 - Trans Fat: 0g
- **Cholesterol:** 20–25mg
- **Sodium:** 50–75mg
- **Total Carbohydrates:** 20–25g
 - Dietary Fiber: 0–1g
 - Sugars: 15–20g
- **Protein:** 2–3g

Micronutrients

- Vitamin A: 5–10% DV
- Vitamin C: 10–20% DV
- Calcium: 5–10% DV
- Iron: 5–10% DV
- Potassium: 10–15% DV
- Vitamin D: 0–5% DV
- Vitamin E: 5–10% DV
- Vitamin K: 10–20% DV

Free From: Caffeine, Sugar Alcohols, Artificial Sweeteners

Allergy Info: Gluten-Free (if no wheat toppings), Dairy, Eggs, Nuts may vary, Soy-Free

Special Diet Suitability:

- Vegetarian: Lacto-ovo friendly
- Vegan: Contains dairy & eggs
- Gluten-Free: If no gluten toppings
- Keto: High sugar & carbs
- Low-Carb: Too many carbs